COACHING → FITNESS, MINDSET, DATING, & FINANCES

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ARTICLE: TRAINING FREQUENCY & INTENSITY (FOR TRAINED LIFTERS)

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INTRODUCTION

Training each muscle group 2–4 times per week outperforms once-weekly splits for both strength and hypertrophy when total volume is equated. In practical terms, large muscle groups (back, chest, legs) can be trained every 48–96 hours without overtraining or under-stimulating progress.
Smaller muscle groups such as arms, delts, forearms, neck, and calves tolerate higher frequency and often respond well to pump-style work. These can be trained every 24–48 hours when volume and fatigue are managed correctly.

Compound lifts (squat, bench, row, deadlift, overhead press) respond best to higher frequency with lower per-session volume. Extremely high-intensity work near failure or near one-rep max benefits from minimal, strategic exposure rather than constant grinding. In some cases, this type of work is best cycled monthly and should not be run continuously for more than 3–4 weeks.

IDEAL TRAINING SPLITS

Push / Pull / Legs (PPL)
Days per week: 6 (3 is under-dosed)
Frequency: Moderate to High
Best for: Hypertrophy with discipline
Notes: Effective for mass phases, cutting, or cruising provided volume is controlled.

Arnold Split / Agonist–Antagonist
Days per week: 6 (3 is under-dosed)
Frequency: Moderate to High
Best for: Short-term hypertrophy blasts
Notes: More taxing than traditional PPL. Not ideal long-term for natural lifters, but workable for short focused phases.

Upper / Lower Split
Days per week: 4
Frequency: High (each muscle trained twice weekly)
Best for: Trained lifters seeking strength and size

Notes: One of the best long-term structures for natural lifters.

Full Body Training
Days per week: 3
Frequency: Very High (each muscle trained three times weekly)
Best for: Strength, long-term growth, athletes, and untrained lifters
Notes: Old-school, simple, and extremely effective.

SUBOPTIMAL APPROACHES

Bro Split
Low training frequency combined with highly taxing volume or inconsistent effort. Produces pumps and enjoyment but results in slow or nonexistent progress unless enhanced. Once-per-week frequency is generally insufficient for growth and mainly supports maintenance or injury prevention.
Best for: Pumps and enjoyment
Verdict: Slow progress unless enhanced

Hollywood / Actor Routines
High flash, pseudo-science, and aesthetic manipulation. Hollywood physiques are typically achieved through aggressive dieting, camera tricks, lighting, dehydration, CGI, or pharmacological help. These routines are designed for short-term appearance, not durability or performance.
Best for: Short-term appearance
Verdict: Built for cameras, not longevity

Influencer Routines
Chaotic, unstructured programming driven by content creation rather than progression. Often either overly “scientific” with information overload or pure nonsense designed to sell a personal brand.
Best for: Entertainment
Verdict: Not sustainable

INTENSITY & VOLUME REALITY (NO FAIRY TALES)

Muscle growth is driven primarily by total hard sets performed close to failure, not a specific rep range.

Strength is built primarily at intensities around 80 percent of one-rep max, whether that load is lifted for triples, fours, or fives.

CNS fatigue is real but often overstated. What actually kills progress is poor volume management, not the occasional heavy single.

BOTTOM LINE

Train hard like an adult who wants results.
Rotate stress.
Accumulate volume.
Practice heaviness.
Repeat for years.

Thanks for reading,
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“People say money is evil. We say master yourself, dominate your life, and rise above.”

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